Bar Hill News

August 2019; Issue 606

Brought to you by the Bar Hill Residents' Association

BUS SERVICE 1A BETWEEN BAR HILL AND ST IVES

A weekday bus service, number 1A, runs between Bar Hill and St Ives.

There are stops in Fenstanton.

This service is subsidised by Cambridgeshire County Council, and to keep it running we need to support it.

There are some changes to the timetable.

New times as follows:

- Departures from bus stop near Tesco at: 0752, 0935, 1043, 1150,1405,1550,1703.
- Return from St Ives bus station at: 0900, 1018, 1110, 1218, 1330, 1518, 1618.

There are additional buses from Fenstanton High Street to Bar Hill at 0810 and 1726.

SING IT OUT

— COMMUNITY CHOIR —

restarts Monday **2nd September**
from 7.30–8.30pm in the Octagon.
If you enjoy singing popular songs/musicals then you will be very welcome to join us.
If you need more info please e-mail Mel Stamp at singitout@virginmedia.com.

NEIGHBOURHOOD WATCH

"Helping to build a stronger community to combat crime and antisocial behaviour."

The Neighbourhood Watch needs you! Help to keep our village safe by joining our team today.

To contact the Neighbourhood Watch in Bar Hill: email: nhwinbarhill@yahoo.co.uk; Join us on Facebook: Bar hill nhw.

Remember to dial: **999** where a crime is in progress or life is in dangerous; **101** to report all suspicions or concerns.

— BAR HILL POST OFFICE —

We are located in Bar Hill Library, open
9–5.30pm Monday to Friday and
9–12.30pm Saturday.
We offer Royal Mail and ParcelForce services for all your posting needs. Ask our friendly, helpful staff for advice to make sure you're using the right service.

Also available: Car Tax • Bill payments; • Banking services – cash/cheque deposits for all High Street Banks; • FREE cash withdrawals; • Foreign Currency – Euros in stock – other currency available to order with next day delivery; • Moneygram – safely send money abroad/UK; • Gas and Electricity key/card top-ups; • Mobile phone top-ups;
• One 4 All Multi-store Gift Cards;
• National Lottery, EuroMillions & Scratchcards; • Stationery and posting/ packaging items; • Cards and wrapping paper for all occasions; • Helium Balloons; • Basic shop items; • Sweets and chocolate; • Cold drinks; • Daily Newspapers – reserve your paper for collection; • Vaping Products; • Ice Creams •

PLEASE SUPPORT YOUR LOCAL POST OFFICE

☺ thank you ☺

RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings.

They are usually held on the first Tuesday of the month at 7.30pm in the Parish Council office.

Next meeting: 3rd September.

Deadline for September's edition: 15th August to bhneditor@yahoo.com
or see page 2 for other contacts.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

HOME VISITS

I am happy to bring communion to house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.
Contact Jean: 07841 397338, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

ROSARY

We meet again at 2pm on Friday 6th September. Nevertheless, we encourage you not to stop praying for our neighbours in Bar Hill.

— BAR HILL BOOK CLUB —

Meets Last Tuesday in the Month at 7.30pm
Bar Hill Sports and Social Club The Spinney, Bar Hill.
Please join our friendly group, we offer a lovely welcome, good company and great book choices. Let me know if you would like to join us and I will arrange a warm welcome .
sheilafarrar@hotmail.co.uk
Tel/Text:07920 558319

BAR HILL FOOTBALL PROJECT

3G Astro facility available for hire in Bar Hill.
For more details contact Julie Marin, Bookings Secretary, 01954 781838 or 07770 687437.

GIRLGUIDING IN BAR HILL

Helpers needed for Brownies

Being a Leader, Assistant Leader or Unit Helper is one of our most rewarding roles as you get to work directly with girls, supporting and helping girls to grow into confident young women. If you would like to join in the fun, please email us at: barhillguiding@icloud.com

The Catholic Church serving Bar Hill

Hills Road, Cambridge
Parish Priest: **Rt. Rev. Mgr Eugene Canon Harkness**
Tel: 01223 350787
Local contact: **Bunty Waters**
Tel: 01954 201421
Mon., Weds., Thurs., Friday 8am & 12.15pm
Tuesday 8am & 7.30pm
Saturday 6pm: First Mass of Sundays
Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon, Bar Hill**.
Holydays of Obligation 8am, 10am, 7.30pm
Sacrament of Reconciliation
Tuesday 6.45pm (not after Mass)
Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm
Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

— HANOVER HOUSING —

For rent to over 60's: one bedroom apartments at Hanover Close, Bar Hill.
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THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in The Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on 01954 488657 or Wendy Arrowsmith on 01954 781381 or come along to the next meeting.

8 O'CLOCK CLUB

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.

We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal.

Our upcoming meetings are as follows:–

5 Sept. – Enrolment evening.

3 Oct. – Malcolm Busby – Ghostly tales.

7 Nov. – Amanda Sutherland – My creative journey.

5 Dec. – Christmas meal – members only.

If you'd like further information please phone Barbara: 01954 204171, Adela: 01954 204265, Ann: 01954 204687, or come along to one of our meetings. We'd be very pleased to meet you.

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On the day appointments bookable by phone ONLY at 8.30am each day. We now ask all our patients to call to book on the day appointments and not to try to book by visiting the surgery in person.

Please be aware we DO NOT take prescription requests over the phone. Prescription requests can be emailed to maplesurgery.repeats@nhs.net or alternatively you can visit the surgery to request your prescription. For all other enquiries please email maplesurgery.enquiries@nhs.net or contact the surgery on the number above.

Cambridge Hearing Help sessions are held on the 4th Tuesday of every month. These are free sessions for anyone needing advice on hearing loss.

DRY DRAYTON WOMEN'S INSTITUTE

Our W.I. meets at 2.30pm on the second Tuesday of every month in the Village Hall, High Street, Dry Drayton.

Visitors are always welcome – £5

13 August	Afternoon Tea
10 Sept.	Ms Sallie Crawley on Relaxation and Sleep
8 October	Mr John Flood on Cambridge Folk Museum
Contacts:	Huguette 01954 781484
	Alice 01954 782497

...did you know...

All the cobble stones used to line the streets in New York were originally stones found in the hulls of Belgian ships used for ballast?

— WILDLIFE TRUST — Huntingdonshire Local Group

Looking for the Goshawk – The Lost Raptor

We invite you to our first indoor meeting of the autumn on Wednesday 11th September 2019 at 7.30pm.

This illustrated talk about Goshawks will be given by Conor Jameson, who has worked for the RSPB and BirdLife over 25 years. Conor has written for The Guardian and BBC Wildlife and is a columnist for the RSPB magazine 'Natures Home'.

Six Legs Good – More Legs Better!

We invite you to a fascinating talk on the many species in our animal kingdom that have six or more legs. This will be held on Wednesday 9th October 2019 at 7.30pm and as usual will be at Brampton Memorial Hall, Thrapston Road, Brampton, Huntingdon, PE28 4TB.

This illustrated talk will be given by Brian Eversham, who is the Chief Executive of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire. Brian has held this position since 2009 and prior to this was Conservation Director of the Trust during which time he was involved with the launch of the Living Landscapes projects at The Great Fen and Nene Valley.

Anyone who is interested is most welcome to attend. Meetings are held at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB starting at 7.30pm. Booking not necessary.

For more information on either of these, please contact Alistair Grant (alistairrgrant@hotmail.com or 07775 365507).

Chance to win £2,000 in Arthur Rank Hospice's Summer Super Draw

Arthur Rank Hospice Charity is inviting you to take part in its annual Summer Raffle before the end of July. This year there will be eight cash winners, with the winning ticket holder claiming £2000!

By purchasing a ticket, you are in with a chance of winning a Summer windfall, whilst simultaneously raising essential funds for the Charity's specialist services. Last year £22,000 was raised by the raffle, helping to fund care which makes a huge difference to people, across Cambridgeshire, who need the Hospice's vital care. Whilst the ultimate winning ticket might win you £2000, there are seven further chances to win, with one further prize of £500, another of £200 and five prizes of £50!

A book of ten tickets costs £10. You can either buy one (or two!) for yourself or offer it out to ten friends to each buy a £1 ticket. The closing date to return tickets to the Hospice – having added your contact details to the stubs - is Wednesday 31 July.

To take part simply call the Hospice's fundraising team on 01223 675888, email fundraising@arhc.org.uk, or visit the Shelford Bottom site (maybe whilst popping into the Bistro for a coffee or a bite to eat!). Alternatively, the raffle tickets are for sale in each of the Hospice's Charity shops, which are located in Cambridge on Regent Street, Mill Road and Burleigh Street, in Shelford on Woollards Lane or in Cottenham on the High Street.

The winning tickets will be drawn by Arthur Rank Hospice Charity's patients, staff, volunteers and visitors at 2pm on Friday 2 August. Please note that you must be 16 or over to enter raffle.

LOVE LIFE – LOVE SLIMMING WORLD

Join our warm and friendly group at

Bar Hill School

on **Wednesdays** at **5.30pm** or **7.30pm**.

Want to lose weight and never feel hungry?

Call Chris on 07779 287055.

...did you know...

Cats often rub up against people and furniture to lay their scent and mark their territory? They do it this way because they have scent glands in their faces. Cats sleep up to eighteen hours a day, but never quite as deep as humans.

Bar Hill Primary School

Bar Hill Primary has a reputation for consistently getting results above National Expectations. This year is certainly no exception! Congratulations to Year Six for their amazing Standard Assessment Test results! They have attained significantly above National average results in all areas plus their combined results for reading, writing and mathematics are 15% above National results. They have been a super year group who consistently follow our school values and have a fantastic attitude to learning! Well done Year Six!

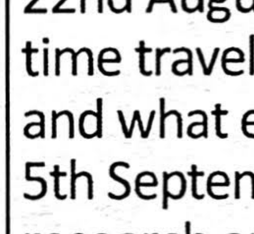
I have also been proud of the rest of the students – the children also attained results significantly above National expectations for Phonics and the Key Stage One Standard Assessment Tests. At Bar Hill, it is important to us that the children have a holistic approach to learning. This term the Year Five children performed a dance at the Broadway Theatre in Peterborough. The children have enjoyed African drumming workshops, a musical concert, a range of trips, Sports day and much more!

It has been a pleasure to see children becoming confident writers and learning to write for a range of purposes. We are privileged to have the library so close to our school and are challenging the children to complete the Summer Read!

We wish you all a happy Summer and look forward to the next Bar Hill School Year!

NWR
CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation



with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

8th August – Colour Evening – shades of Summer. Talk/share something which is summer coloured, anything to do with that colour.

22nd August – Time Travel – if you could time travel where would you like to go, why and what event would you like to attend?

5th September – Countries on the Equator – research any country that has the equator passing through it.

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Bobby Colver on 01954 781662 or Karen Hayden on 01954 781843.

NWR can also be found on www.nwr.org.uk. Why not have a look!

FAMILY HISTORY SESSIONS BAR HILL LIBRARY

Caroline Norton, from the Cambridgeshire Family History Society will be running drop-in sessions on the following Mondays, from 10am – 4pm on 16 September and 18 November.

Caroline is a very experienced researcher and can help with getting started, finding ways to move on if you've got 'stuck' and advice on resources and websites to use. Why not come down and see if she can help. It's free!

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Classes at Bar Hill Village Hall.

For information, or to arrange a free taster class, contact Ashley on: T: 07928 765121;

E: ajordan@littlekickers.co.uk

W: www.littlekickers.co.uk

Facebook: www.facebook.com/LKCambridgeshire

HEIDI ALLEN, MP

I know from my inbox that many of you share my concerns about the acute pressures on our NHS. Last month, I called a debate in Parliament to challenge the Health Minister about this and press for a much-needed increase in funding. The level of local funding continues to fall behind funding in other areas and does not reflect the fact the Cambridgeshire is one of the fastest growing counties. The NHS funding formula has determined that our population is growing at 0.1% below England average(!?) whereas in reality growth across the county has been 0.6% above average for the past four years. Even putting that growth aside, our per head funding has always been too low. In Cambridgeshire, we receive £1,125 per capita, as compared with £1,244 in Bedfordshire, £1,288 in West Suffolk and £1,497 in Norfolk.

During the debate, the Minister agreed to meet to discuss these concerns in more detail. I will of course let you know how that meeting goes.

Climate change is undoubtedly one of the greatest challenges of our time. The recent announcement committing the UK to net-zero carbon emissions, ending the UK's contribution to climate change by 2050 is welcome – but to meet this target, we all need to play our part in increasing the use of cleaner and renewable energy. So last month, I was pleased to be joined by a group of constituents who made the journey to Westminster as part of the climate change lobby. I'll be working with a cross party group of MPs to come up with some tangible targets that we'll be campaigning to have embedded in the next Queen's Speech. Committing our ambitions to the next Government's legislative programme would be without doubt the most effective way of focusing minds.

Last month, I visited the Medical Research Council's Cancer Unit on the Biomedical campus to learn more about their innovative work. Their mission is to advance our understanding of the earliest steps in the emergence of cancer, and to use this knowledge for early diagnosis.

The Unit receives core funding from the Medical Research Council, with additional external support from Wellcome, Cancer Research UK and other sponsors.

My thanks to the team for an informative tour of the labs and a really great conversation about their work – and Brexit!

Finally, Great Northern has called for ideas about how the £15 million compensation fund should get spent. The Secretary of State, Chris Grayling asked for my assistance to determine how the funds, paid as a result of last year's chaos, might be spent.

I fought hard to ensure that the stations worst affected felt the most benefit from the funding. As a result Ashwell and Morden, Shepreth, Foxton and Meldreth have each been allocated £80,000 for improvements which places them in the top tier for funding.

Last summer's rail chaos saw constituents affected to an unprecedented level and at the time, I lobbied relentlessly for immediate improvements to the network. This fund is recognition of the suffering that GTR's timetable upgrade caused. I hope passengers will use it by making suggestions that improve their overall commuting and travelling experience.

As ever, my newsletter can only provide a snapshot of my work but if there is anything you would like to talk to me about, my next "appointment" surgery is on Friday 16th August, 3–5pm at my new offices at 2 Mill Yard, Childerley, CB23 8BA. If you would like an appointment, please call my office on 01223 830037.

As Parliament breaks for Summer recess and I'll be at home more, I'll be holding a series of "pop up" surgeries in cafes, garden centres and pubs across the constituency, so please keep an eye on my website for details – https://heidiallen.co.uk/constituency-surgeries/ In the meantime, if you would like to contact me, please email heidi.allen.mp@parliament.uk or call. My office: 01223 830037.

DISTRICT COUNCILLOR REPORT

Cambridgeshire and Peterborough Combined Authority consult on area's transport future

The Local Transport Plan (LTP) aims to set out a strategy for a world class integrated transport network to cope with the existing pressures and future proof for emerging pressures in the future. The LTP will aim to promote change in habits and link up economic growth areas and housing across the Combined Authority area. The LTP will include major projects like Cambridge South station, Soham Station, new rail link at Wisbech, looking at and reforming bus networks, duelling of the A10, duelling of the A47, a crossing over the River Great Ouse and the CAM metro. The LTP will be linked to the Cambridgeshire and Peterborough economic review which alludes to a stalling of the local economy in the future if transport infrastructure is not addressed.

The consultation hearing began on 17th June and will run for 15 weeks until 27th September.

Summer consultation events are:

- Sat 7 Sept, 10am-3pm, Peterborough Town Hall.
- Wed 11 Sept, 3pm-8pm, Chatteris Council Chambers.
- Sat 14 Sept, 10am-3pm, Cambridge Central Library, Lion Yard.

Consultation on providing a new police station in South Cambridgeshire

For information I attended a public consultation meeting with the Police and Crime Commissioner and chief constable regarding the proposal to have a new police station in Milton which has been called for by the police to increase the amount of custody cells and modernise the service. It was explained that currently officers are taking people to custody cells in Peterborough due to capacity issues in Cambridge. Obviously this is a waste of time and resource which would be better directed at neighbourhood policing or improving response times.

Parks and green spaces receive £700,000

Cambridgeshire's and Peterborough's parks and green spaces will receive £700,000 from the ground breaking Future Parks scheme funded by the Ministry of Housing and communities and local government, the National Lottery and the National Trust. There were 80 projects in total submitted across the UK to receive a share of the funding and our area was one of the ten projects to successfully be awarded the funding. The County Council was the lead partner in this collaboration of a number of Councils, businesses and charities working together. The collaboration included SCDC. I am very proud of all of the work that officers across a number of councils have put in to get this money directed towards green spaces and parks that ultimately we will be enjoying.

A new era for adult education

The Cambridgeshire and Peterborough Combined Authority took control of the £11.5 million budget for adult education earlier this year. Upon this budget being devolved, the Combined Authority reviewed how the money should best be spent. The emphasis of the review was to re-focus the funds to give lower paid and lower skilled people the qualifications they need to secure better jobs.

Adult education had a strong demand led focus on community and leisure and pleasure courses for example arts, crafts and hobby activities. While such courses will remain a part of the mix of adult education the focus will now be to focus funds to work with training providers and the business community to target specific skill gaps within the economy local to the Cambridge and Peterborough Combined Authority area.

If you need any information or help please do contact me
on: bunty.waters@ntlworld.com
or: 07734 690580.

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— BAR HILL RESIDENTS' ASSOCIATION —

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Treasurer	Ann Bensted		ab10034@cam.ac.uk
Data Prot. Officer	Richard Hayden	**07462 724706**	rxh321@gmail.com

Other Committee members:

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BAR HILL NEWS:

Editor: bhneditor@yahoo.com
Advertising Coordinator: Ann Bensted ab10034@cam.ac.uk

The objectives of the association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance and recreation in and around the village, and to promote the interests of Bar Hill.
Opinions expressed in this publication are not necessarily those of the Association.
Anonymous letters will not be published, but names and addresses may be withheld. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator at: ab10034@cam.ac.uk.
Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list.
To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm – 9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm – 6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.]
All items can be submitted electronically on disk *[a Word file is best, please]* or to bhneditor@yahoo.com.

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The Bar Hill News needs a new

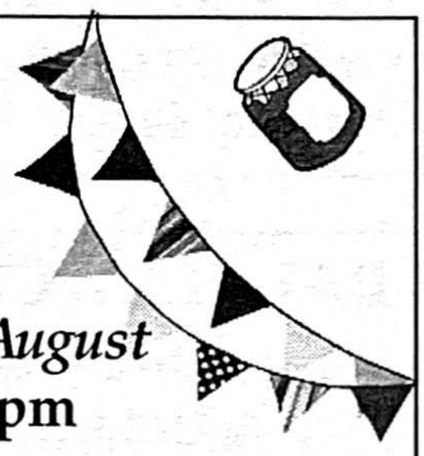
Editor

Following the retirement of the current editor, a replacement is required during the next two months. The position (unpaid) will require placing news items into an established format mostly received through a designated email address by the fifteenth of each month. A computer and printer are provided.

The new editor will be a member of an editorial team and will consult the chairman or vice-chairman regarding items of a defamatory or dubious nature. He or she will also work closely with the advertising coordinator.

The Bar Hill News has been published each month since December 1967; number 600 came out early this year. Further information can be received from the current editor, Jan Cundy (jan_cundy@yahoo.com) or the chairman, Roger Hall (01954 780304 or roger.hall90@ntlworld.com).

BAR HILL COMMUNITY MARKET



No market in August

10.30am – 2pm

in the Octagon

Entry is Free

New stalls including 'Paint Your Own Pottery' and 'Eco-Patch' selling environmentally friendly products.

All profits go to community/charity projects.

Refreshments (by the Rainbows) and Cakes with possibly a BBQ.

If you wish to be part of the market please contact Karen Austen: T: **01954 781085**;

E: bar.hill.community.market@gmail.com

Facebook – Bar Hill Community Market

HEALTH AND WELLBEING CLUB

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on aspects of promoting and maintaining good health in every area.

We start with a chair based exercise activity followed by advice from Tesco's departments.

This is a unique and friendly group and is an ideal place to meet new people.

Next meeting: 13th August.

For further information, contact Wendy Arrowsmith on 01954 781381.

HAPPY HOURS, Monday Club

Our Club meets most Mondays in the Octagon from 11am until 3pm with coffee, tea and light lunches.

Our Summer lunch menu consists of salads (cheese, salmon or the weekly special which could be ham, corn beef, pork pie or quiche) (all at £2.50 each). or a ploughman's lunch (at £2.30). Our aim is to provide friendship and companionship so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy our other various activities.

We would welcome new members.

The Marie Curie Tea Party held on the 1st July raised £305

On the 6th July we ran a tombola stall and bric-a-brac stall at the village fete and despite the weather raised £230 for the club.

Thanks to everyone who donated items and to everyone who took part.

Coming up in August:

5th: Science and Egg Experiments

12th: Creative Dough

19th: "A Day at the Seaside" *(well kind of!)*

26th: No Club (Bank Holiday)

Anne Plumb, 01954 780364

RHYMETIME and STORYTIME

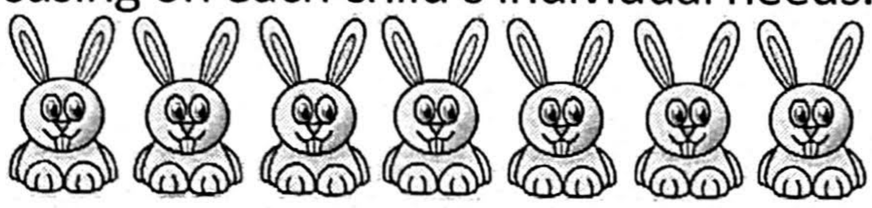
Rhymetime and Storytime are having a summer break, and will not meet in July or August.

BAR HILL CHILDMINDERS

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children day trips, outdoor experiences and taking part in local groups/community events.

We offer flexibility in working hours to suit you and your child's needs rather than set session times.

Your child will receive individual attention and care as we progress them through the EYFS curriculum - child led play as well as structured activities will encourage them to grow and learn at their own pace, focusing on each child's individual needs.



Before/after school and holiday care for school aged children is available and leaves the stress out of your busy mornings and evenings.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes and are fully insured. We have access to childcare qualifications including level 3 in childcare. We all hold Paediatric First Aid certificates.

Our Tuesday 'Little Bunnies' toddler sessions are now closed but we look forward to welcoming children (0-5yrs) with their parents/carers on our Thursday morning sessions as usual (term time only—9.45 - 11.15 am in the Octagon, £1.50 for one child under one, £2.50 for one child over one and £3.50 for 2 or more children) - here we offer a wide range of activities, singing and lots more!

Some of our Childminders are now registered to offer **Government Funded places for children aged 3 & 4 years old, 15-30 hours per week - 'Universal' and 'Extended',** (+ qualifying 2 year olds). The Funded hours each week can be shared between a Childminder and your child's Pre-school and/or Nursery. Below is a list of our Childminders – those who offer Government Funding have a letter 'F' before their name:

F	Kirsty	07584 168909 – spaces
F	Jacky	07718 447998
F	Melanie	01954 204496
F	Terri	07846 018714
F	Kirsten	07906 218070
	Mandy	01954 204223
	Carol	01954 780238

Scouts
1st Bar Hill

As Scouts, we believe in preparing young people with skills for life.

We encourage young people to do more, learn more and be more. Each week, we help young people enjoy fun and adventure while developing the skills they need to succeed, now and in the future.

Young people in the Scouts take part in an exciting programme of activities from kayaking to coding. They develop character skills like resilience, initiative and tenacity; employability skills such as leadership, teamwork and problem solving; and practical skills like cooking and first aid.

Groups meet at **Bar Hill Scout Hut** (near the Sports and Social Club):

Beavers (Ages 6–8): Thursdays. Contact: stuart.saunders@barhillscouts.org.uk

Cubs (Ages 8–10.5): Mondays. Contact: Akela1stbarhill@gmail.com

Scouts (Ages 10.5–14): Fridays. Contact: Nathan.hills@barhillscouts.org.uk

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BAR HILL COLTS FOOTBALL CLUB

Presentation Day

On Saturday 15th June Bar Hill Colts held their annual presentation day on the school green. We may not have had the lovely sunshine that we had last year but we were thankful the rain had stayed away. The children had a wonderful afternoon of playing mini matches while the parents had a lovely time socialising on picnic blankets with their fellow supporters. It was lovely to see everyone coming together and having such a fun afternoon.

Every child in the club received an award of recognition as a thank you from the club for their efforts over the season and was followed by a presentation to individual players who won the following awards:

Under 7 Titans

Supporters Player – Charlie Bright
Managers Player – Oliver Lister
Star Player – Casey Konradt
Players Player – Nicolai Pechenyuk

Under 8 Jets

Managers Player – Danas Pangonis
Supporters Player – Roman Prime–Stack
Players Player – Roman Prime–Stack

Under 9 Giants

Players Player – Jacob brand
Supporters Player – James Flack
Most Improved Player – Leo Bardwell
Managers Player – Joseph Wilson

Under 11 Tornadoes Blue

Supporters Player – Adrian Pawlina & George Heslop
Managers Player – George Heslop
Players Player – Asa Baker
Special Achievement – Theo Goddard

Under 11 Tornadoes White

Most Improved – Stella Nakova
Players Player – Marco Baker
Supporters Player – Marco Baker
Managers Player – Taylor Phillips

Under 13 Blades

Most Improved – Lewis Swindell
Supporters Player – John Debowski
Managers Player – Tommy Lethorn
Players Player – Joe Cundy

Under 15 Eagles

Supporters Player – Daniel Norden
Players Player – Daniel Norden
Managers Player – Ben Hemens

Under 16 Foxes

Players Player – Kieran Bradshaw
Parents Player – Ollie Andrews
Managers Player – Ollie Andrews
Testimonial Awards – Freya Goddard, John Cornwell, Charlie Parker, Joseph Playle, Miles Harvey & Ollie Andrews.

Bar Hill Colts Club Special Awards

Clubman of the Year – Mick Egan
Team of the Year – Under 15 Eagles
Manager of the Year – Tim Parker

At the end of the presentations Jairo Marin gave a farewell speech as he ended the season as chairman to the club. The Bar Hill Colts would like to thank him for all he has done for the club over the years and wishes him good luck with his new venture. We would also like to thank the Bar Hill Primary school and Leap & Learn for use of their facilities for the presentation day and would like to thank everyone involved in the club for their continued commitment and for all the hard work they put in to help make this a successful club.

ABSOBEAUTI BEAUTY SALON

Local business in The Brambles

By appointment only;
Monday–Sunday opening.
Call Sharon: 07967 610482

- Minx Foil Nails, Manicures/Pedicures, Nail Art/Design.
- Shellac/IBD/Geleration Nail Polish *(lasts up to 14 days)*: £19.00;
- St Tropez Spray Tans: £15.00;
- Eyelash Lift with free eyelash tint: £20.00;
- Eyebrow shape and tint: £12.00;
- Eyelash tint: £10.00.

...did you know...

Approximately every seven minutes of every day, someone in an aerobics class pulls their hamstring...

WILLINGHAM & LONGSTANTON SURGERIES

Willingham Reception: 01954 260230;
Longstanton: 01954 207600;
Dispensary: 01954 207602;
www.willinghammedicalpractice.nhs.uk.

Bank Holiday Monday – please note the surgery will be closed on Bank Holiday Monday 26th August. Normal opening hours will resume on Tuesday 27th August.

Keeping cool this summer – most of us welcome hot weather, but when it's too hot for too long there are health risks. If a heatwave hits this summer, make sure the hot weather doesn't harm you or anyone you know. Tips for coping in hot weather:

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.

Pharmacy – Willingham Surgery can help with many of your travel essentials, so pop in for some free advice and get stocked up for the summer.

Missed appointments – from March–May 219 there were **221 missed appointments** in Willingham Surgery. This equates to 46.5 hours in consultation time lost, at a cost of *£5,525. Please remember to cancel your appointment if it is no longer required so we can offer it to someone else.(*An average GP appointment costs NHS £25).

At our Longstanton Branch there were **61 missed appointments** during the same period.

Keep Your Head – we all have mental health and looking after it is just as important as looking after our physical health. The Keep Your Head website has lots of info for adults, children, and young people on looking after our mental health www.keep-your-head.com

Citizens Advice Bureau – the Citizens Advice Bureau offer free advice and support meetings at both Willingham Surgery and Longstanton Branch Surgery. Meet our in-house Citizens Advice Advisor and get help with

- Budgeting
- Benefit Issues
- Dealing with Debt
- Other issues such as employment and housing.

Please contact the surgery for further information as to how you can access this service.

Carers Support Meetings – are held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Cambridgeshire Hearing Clinics – are held at Willingham Surgery on Wednesdays: 21st August & 18th September & 16th October from 2–4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

A&E is not an alternative to a GP appointment. If we are closed, please call 111.

COUNSELLING

Depression, Anxiety, Stress, Bereavement, Addiction, Couples etc.
Experienced counsellor practising at The Maple Surgery. Immediate appointments available. Telephone Mark on **07905 833288,**
E: info@thecambridgecounsellor.co.uk
or visit www.thecambridgecounsellor.co.uk

Bar Hill Pre-School

Registered Charity no. 1080735

http://www.barhillpreschool.co.uk

— VILLAGE HALL —

01954 782892

Bar Hill Preschool is open 9am–3pm Monday to Friday, term time for children aged 2–5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our keyperson and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines e.g. children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on 01954 782892 to book an informal visit or for an application form.

FEN DRAYTON LAKES

We're mindful that 'the lakes' have provided access to the countryside for local people for decades, and the RSPB has supported the continuation of this since acquiring the site, with the addition of routes to get closer to the lakes and the maintenance of surfaces to standards beyond that required of the County Council.

Alongside our continuous efforts to improve the reserve for wildlife is our ongoing work in evolving the lakes from being a disused quarry to being a wonderful, wild and natural wetland that's accessible to all.

And later this year we'll be making further improvements in the central area close to the car park. As well as re-surfacing the worn-out stretch of road near the car park and welcome area, we'll be adding a seamless, hardened and level pedestrian route from the disabled parking spaces to the water's edge at the nearby picnic and viewing area. We'll also be adding a few subtle features to make crossing the track here as safe as possible, such as adding a contrasting crossing point and some extra signs.

This latest piece of work has been made possible by a grant from the A14 Community Fund, a fund managed by Cambridgeshire Community Foundation, who we would like to thank.

Get involved...

Wednesday Wander

Ever thought you'd like to know more about the reserve and its wildlife? Informal volunteer-led guided walks take place on the second Wednesday of each month. There's no need to book and it only costs £3 for members and £4 for others. Walkers meet at the main car park, leaving at 10.15am.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit rspb.org.uk/fendraytonlakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654

BICYCLE REPAIRS & SERVICING: 07914 655086

CAMBRIDGESHIRE COUNTY COUNCILLOR'S REPORT

Safety on the Cambridgeshire Guided Busway [CGB] continues to be reviewed as a priority for the County Council. It carries out regular inspections and assessments on all the roads, footpaths and cycleways for which it is responsible and the CGB is no different. Following an incident at King's Hedges Road, Officers have been assessing all the crossing points along the busway to increase awareness and promote safety. As a result extra advisory signs have been installed at the crossing points along the route. These additional signs are blue and state 'Busway Look Both Ways' to remind cyclists and pedestrians to stop and look for buses before crossing the busway. Since the busway opened in 2011 the area along the route has changed and evolved. There are increasing numbers of people and cyclists as the number of houses and businesses expands. The Council has also reduced the speed of buses as they approach the crossing point at Fen Drayton Lakes from 30mph to 20mph. These latest enhancements follow the additional signage and guard rail installed previously on the busway at King's Hedges Road.

I am often asked to support requests for road safety improvements and pursuing the objectives of these is sometimes difficult because the County Council's data does not always back up the genuine belief of local people that a particular location is unsafe. Changing signage or road layout has to be supported by evidence of the need for the change. This year's report on road casualty data for Cambridgeshire and Peterborough provides some interesting information. Using agreed criteria for identifying a cluster site [6 injury collisions or 3 fatal or serious injury collisions within a 100m radius] over the 3 calendar year period 2016-18 53 collision cluster sites were identified in Cambridgeshire. As you might expect Bar Hill A14 features on that list showing 10 slight collisions. In 2018 27 people were killed in road traffic collisions across Cambridgeshire and Peterborough [C&P], 430 were seriously injured and 2,073 slightly injured. The number of fatalities is at a 5 year low. Although the trend is downwards it is young people [aged 17-29] who remain at most risk of being injured in a road traffic collision. Conversely the number of older road user casualties [aged 70+] although relatively small appears to be on the increase; frailty being a key factor for this age group. 81% of fatal collisions in C&P occur on our rural road network. This is significantly above the national average which is approximately 60%. Importantly though from the point of view of local people wanting to be able to justify requests for road safety improvements, it is estimated that only 1 in 10 incidents is reported. If you are convinced that there is a real safety issue at a particular location it really would help if encouragement were given to all those involved in minor incidents to report them to the police so that a much more accurate picture can be drawn.

Thank you to all of you who have been in touch recently. Please do continue to contact me with your views and questions on the issues that are important to you.

Lynda

lyndaharford@icloud.com;
01954 251775/07889 131022; Follow me on Twitter: @2whit2whoo

MATHS TUITION

My name is Ashley Bell. I am a 37 year old male offering Maths tuition. I have an honours degree in education, and can adapt my approach to fit the needs of your child.
I can tutor any age up to GCSE Level, whether that be exam preparation, preparation for a new school/new year, or just general Maths tuition.
I am on the DBS Update Service, so no need for new checks.
Contact me at ashleymbellaf@gmailcom or 07432 015314. Rates: £15 per hour.

BAR HILL CRICKET CLUB

Bar Hill picked up three victories out of four in the Saturday CCA League in the last month, and the Under-13s enjoyed their second victory of the season.

There were some emphatic victories too, including bowling Elsworth out for 46 and Fen Ditton for 38.

James Barclay was the pick of the bowlers with three wickets in the first match, which Bar Hill won for the loss of two wickets.

Against Fen Ditton, Phil Orvis took 4 for 5 and Sam Wilson 3 for 2 in a superb bowling performance which saw six opposing players out for a duck. Earlier, Bar Hill had shared the runs around in scoring 187 – James Neal hit the top score with 39.

The other victory was against Cambridge NCI fourths. Adam Dean made 58 and again everyone else chipped in as Bar Hill made 228 for 8. In reply, NCI were restricted to 154 for 9 with four bowlers taking two wickets each.

The only defeat of the month was away to Barrington. Once again, Bar Hill did well with the ball to dismiss Barrington for 110. However, the hosts bowled even better to bowl out Bar Hill for 62.

The youth team's victory was away to Fulbourn. Having restricted their opponents to 248 with some good bowling and fielding, everyone chipped in with the bat, with Seb Collins making a net score of 21 as Bar Hill made 266. The rules are a bit different to adult cricket, with both sides starting on 200.

There were also matches against Wenden and Over which resulted in defeats, though Austin Grant and David Starling took two wickets each against Wenden and Jack Williams took four wickets against a strong Over side – including a hat-trick in the final over.

One of the highlights of the month was the Fred Styles Memorial Match against Bar Hill Sports & Social Club, a tight match which was narrowly won by the latter. Proceeds from the match went to Happy Hours and Bar Hill School, in memory of Brian Burrage, who used to umpire the match alongside Fred when it was known as the Wrinklies versus the Smoothies. Both would also have been delighted, we're sure, to see youngsters participating on both sides.

Finally, many thanks to all those who visited our barbecue on fete day, helping us to raise much-needed funds to keep the club developing. May we also take this opportunity to say what a cracking job was done by the fete committee, who put together an event the whole village could be proud of.

Don't forget, all the latest club news can be found at www.barhillcricket.org.uk. Club members and parents can also join our Facebook group.

Upcoming fixtures:

Saturday August 3: Camden II (H, league)
Tuesday August 6: Dobblers (H, midweek)

Paul Stimpson, 01954 201212

JLB Chip Repairs

Insurance and non-insurance customers welcome.
Save the cost of a new windscreen by having any windscreen chips repaired.
Mobile service available.
Contact Justin on 07525 943962 or jbchiprepairs@gmail.com
JLB Chip Repairs Limited is a franchise of Optic-Kleer Ltd

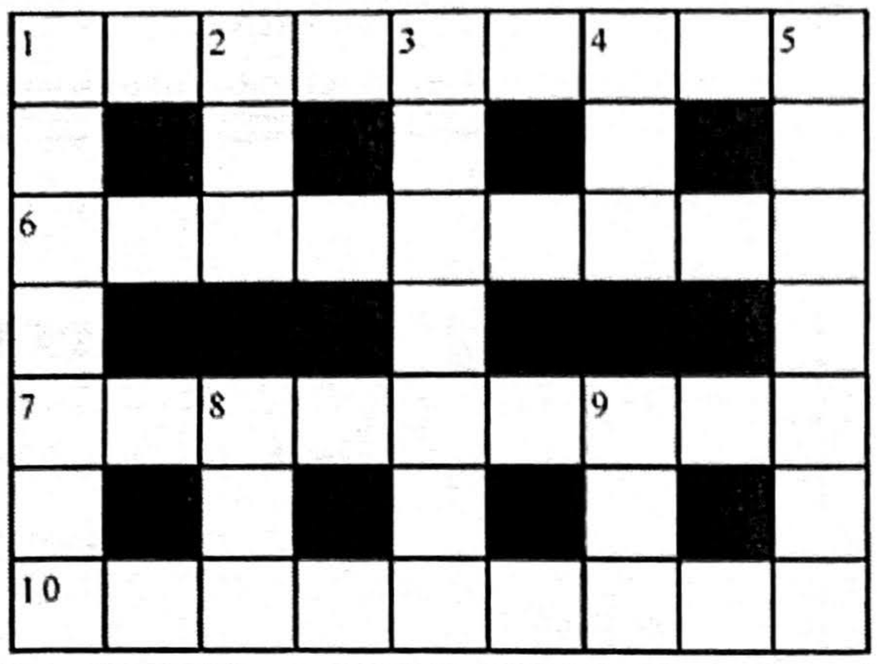
...did you know...

Human fingers are so sensitive that if they were the size of planet Earth they could feel the difference between houses and cars? They are capable of detecting incredibly small imperfections in seemingly smooth surfaces.

Humans shed and regrow outer skin cells every 27 days (almost 1,000 new skins in a lifetime).

— AUGUST'S CROSSWORD —

Fit the given words into the grid:
Word in place: SET
Associate; Octobrist; Hangnails; Relations.
Another; Cabinet; Entasis; Set; Ami; Nil; Ibo



July's Solution

Across: 1. prospered, 6. old stager,
7. incentive, 10. sacrament.
Down: 1. peonies, 2. old, 3. petunia, 4. rug,
5. darkest, 8. CTC, 9. ice.

ARTHUR RANK HOSPICE CHARITY
MAKE A WILL MONTH… THROUGHOUT OCTOBER 2019

Have you got round to making or updating your Will?
Now's the time!
Local solicitors and Will writers are kindly donating their time to write or update a standard Will in return for a donation to Arthur Rank Hospice.
Make a will to make sure those you care about most are provided for – its easier than you think.
For more details, visit arhc.org.uk/makeawill; call 01223 675881;
email lucy.day@arhc.org.uk.
Registered charity No: 1133354

…did you know…

Bacteria, the tiniest free-living cells, are so small that a single drop of liquid can contain as many as 50 million?

CAMBRIDGESHIRE HEARING HELP

Cambridgeshire Hearing Help are looking for volunteers in Bar Hill

Cambridgeshire Hearing Help is a charity that provides NHS hearing aid maintenance and hearing loss information and advice in the heart of local communities. This work is a lifeline for those who face barriers to accessing mainstream audiology services because they are older, frail, have other disabilities and/or live in rural areas.
If you live in or around Bar Hill and are you looking for an enjoyable volunteering role through which you can meet others, feel part of a supportive team (many of whom have shared experience of hearing loss) and enjoy the rewards of helping those in need in your local community, please do get in touch! No experience is required as full training and support will be given. All you need is good dexterity and eyesight (with glasses).
Contact:
www.cambridgeshirehearinghelp.org.uk;
Tel: 01223 416141; Text: 07852 699196;
Email:
enquiries@cambridgeshirehearinghelp.org.uk

PLAYPALS BABY AND TODDLER GROUP

Meet Wednesdays and Fridays*
At Bar Hill Church Octagon
9:45–11.15 am
*Term-time

Under 1s £1.50;
Over 1s £2.50;
Family £3.50.
Your first session free!
Can you help? We are looking for kitchen volunteers to give an hour of time during our sessions to help prepare snacks and drinks. If you are interested please contact:
helen.j.bishop@gmail.com

AUGUST BULLETIN CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

Cambridgeshire residents have been urged to stay fire safe when outdoors over the summer.

The weather so far has not been as warm as forecast earlier in the year. However with high temperatures still to come potentially there is still the risk of fires in open areas of land easily spreading and becoming out of control.

In June and July 2018 crews attended 551 fires in the open across the county, an increase of more than 50 per cent on the previous year. Last July alone saw crews attend 376 fires in the open in various places around the county. This year we believe the high temperatures will continue into August.

The Service's Combined Fire Control has also seen a sharp increase in the amount of emergency calls they have received reporting incidents in Cambridgeshire and Suffolk. Almost 4,000 calls were answered by emergency call handlers in June and July, an increase of 13 per cent from the previous year.

Group Commander Paul Clarke, head of community fire safety at Cambridgeshire Fire and Rescue Service, said: "We want to help ensure that people enjoy the sunny weather while it's here safely. High temperatures and dry areas of land can be perfect conditions for a fire to spread. Something as simple as not stubbing a cigarette out properly, or using a disposable barbecue on grass, can start a fire that can develop quickly."

There are seven simple steps we urge residents to take to help prevent an outdoor fire:

1. Ensure cigarettes are completely out
2. Do not throw cigarettes out of car windows onto grass verges or vegetation
3. Put disposable barbecues on bricks, do not place directly on grass
4. Do not leave glass bottles lying on the ground, the sun's rays reflect through the glass and can start a fire
5. When camping, do not leave campfires unattended and make sure it is completely out before you leave it
6. Use barbecues on a hard, flat surface, away from grass, shrubs or fencing
7. Talk to your children about the dangers of starting a fire.

For more information log on to www.cambsfire.gov.uk, follow us on social media or call 01480 444500.

INDOOR CARPET BOWLS

We are a mixed group who meet in the school on Friday evenings during term time from 7.30 –10.00pm with a ½-hour break for refreshment – all for £1.50 each evening you play.

We do not play in any leagues so even if you have never played before do not be put off.

Why not come along and join us on any Friday evening with your 1st session being free?

We look forward to welcoming you.

If you require any further details please contact Barbara on 01954 204171.

BAR HILL, A SOCIAL HISTORY, 1949–2004

by Roger Hall.

Copies are still available, priced £10.00, from Roger Hall, 11 Almond Grove, tel. 01954 80304 or 07986 415244

FOR SALE

Worx 3000W Electric Trivac WG501E

Three-in-one system: blower/vac/mulch. Easily convert between blower and vac mode with a single touch of a lever. Innovative vac tube design easily reaches under decks and patio furniture. Compact and lightweight design for one handed operation. Quick assembly release button for easy cleaning access. Metal impeller mulches 16 bags of debris into 1. New manual regulator for easy variable speed control. Detachable tube for compact size and easy to storage. **£15.00**

Call 07734 690580

BAR HILL FOOTBALL CLUB

(formed 1973)

We are looking for additional players for the new season. Are you new to the village? Just finished Youth football?

We play on Saturday afternoons, on the Village Green, in the Cambs County League.
Our 1st team play in the Premier Division and our Reserve team in Division 1.

Please contact one of the following if you and/or your friends/family etc are interested in playing:-
Paul Prime 07933 541238
Danny Carminati 07731 307083
Or via Twitter @barhillssc

Crazy Dog Lady Pet Services

Services include:
Dog walking
Other pets and puppy pop-ins
1-2-1 Training

Friendly, Reliable, Fully insured, DBS checked, APDT trained.
For more information and prices visit www.crazydogladyservices.co.uk or call Sarah on 07913 690021

FREE – 21 obsolete electrical plugs for display/interest only. 01954 782441 (Bar Hill)

INCONSIDERATE PARKING

Please report any concerns direct to the Police on http://tinyurl.com/SouthCambs-Parking
Just state village, street, and the nature and effect of the problem including vehicle registrations, dates, times, paths, verge, etc. and press submit. Thank you.

— BIN COLLECTION —

25 July	black
1 August	blue and green
8 August	black
15 August	blue and green
22 August	black
Fri. 30 August	blue and green
5 September	black
12 September	blue and green
19 September	black
26 September	blue and green

LOST PETS FACEBOOK GROUP

This group is for animal lovers who are either looking for their missing pets, or have found or spotted a possible missing pet, in Cambridge and surrounding areas.
Please join us/share with your friends.

SEWING SERVICE

If you have a sewing job you can't face, call Lyn on **01954 201113.**

THE ALLOTMENT SOCIETY

Are you interested in growing your own vegetables, fruit or flowers? Why not try an Allotment? Call Jeni, our Plot Allocator, on 07979 351119 for further information.

— AUGUST PUZZLE —

Form nine, nine letter types of HOMES, in groups of three letters, in alphabetical order.

A	D	M	H	O	U	S	E	B
A	G	E	I	R	A	S	I	T
A	P	A	L	T	Y	S	O	N
A	T	E	M	H	O	S	U	L
B	E	D	O	A	T	T	E	R
C	O	N	P	A	R	T	H	O
D	H	O	P	E	N	U	S	E
E	N	T	R	O	A	U	S	E
F	A	R	R	T	M	U	S	E

			I	R	A			
		A				E		
		D				T		
		N				A		
			M	H	O			
		U				O		
		R				A		
		N				U		
			D	H	O			

Solution for July: Cattleman, Cornstalk, Dairymaid, Farmstead, Gleanings, Harvester, Husbandry, Ploughboy, Winnowing.

— USEFUL TELEPHONE NUMBERS —

Out of Hours Medical Emergencies		111
Police Non-Emergency		101
Allotment Society	*Jeni*	07979 351119
Bar Hill Church	*Minister: Charles Mather*	01954 277119
	Church office	01954 206120
Bar Hill School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	*Paul Stimpson*	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service Helpline		0800 917 9994
Coffee Stop, Knit & Natter, Holiday@Home, Olive Tree	*Sue Kenchington*	01954 780260
Community Market	*Karen Austen*	01954 781085
County Councillor	*Lynda Harford*	01954 251775
	lyndaharford@icloud.com	07889 131022
Councillor, Parish Council, Residents' Association, Catholic Church contact,	*Bunty Waters*	01954 201421 07734 690580 bunty.waters@barhillpc.org.uk
Parish Council, Residents' Association	*Roger Hall*	01954 780304
Happy Hours	*Anne Plumb*	01954 780364
Health Walks	*Josephine Powell*	07901 558108
Heidi Allen MP	*Office*	01223 830037
	Office address: 2 Mill Yard, Childerley, CB23 8BA	
Library – renewals & enquiries		0345 0455225
GP Surgeries	*Maple*	01954 780442
	Over	01954 231550
	Over Pharmacy	01954 233457
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Over Day Centre	*Hayley Smith, Manager*	01954 231807
Parish Council Office	*Sue Bell, Parish Clerk*	01954 780456
		clerk@barhillpc.org,uk
Post Office		01954 789285
Pre-School		01954 782892
Roman Catholic Church	*Rt.Rev.Mgr Canon Harkness*	01223 350787
Royal British Legion, Health & Wellbeing at Tesco	*Wendy Arrowsmith*	01954 781381
Samaritans		01223 364455
Swavesey Village College		01954 230366

ARTHUR RANK HOSPICE CHARITY WALK

This year's Bridge the Gap Walk will take place on Sunday 15 September!

The walk, sponsored by Cambridge Building Society, starts at 9.30am, starting and finishing at Parker' Piece. Over the morning you are invited into Christ's, Queen's, Corpus Christi, Pembroke and Downing Colleges as well as the University College Library.

The family-friendly walk welcomes around 2,000 participants annually, spanning all generations. Throughout the walk, the Society of Cambridge Tourist Guides will offer interesting historical tales and provide an array of information about The University of Cambridge's stunning grounds and the College's features. Activities will be taking place on Parker's Piece and there will be musical entertainment along the route, including performances from Sing! Choirs and Jazz Wave. The City of Cambridge Brass Band will play for walkers as they pass over the finish line and make their way towards the 'Time for Cake' tent or one of the food and drinks stalls.

You can sign up for £18 per person by visiting http://www.arhc.org.uk/BTG. Three children go free which each paying adult, with donations appreciated.

Alternatively call 01223 675888, or pick up a registration form, from: Romsey Mill (Hemingford Road, Cambridge); the Arthur Rank Hospice (adjacent to the Babraham Road Park & Ride); any of the Charities' shops; or your local Cambridge Building Society or Co-op.

Online registration will be available until 1pm Friday 13 September or you can sign up on the day for £20 per person. Groups are welcome with groups of 10 or more offered rates of £16 per person until Friday 13 September (call 01223 675888).

MARIE CURIE BLOOMING GREAT TEA PARTY

The Tea Party held on the 1st July was a great success and raised £302.

Thanks to Tesco for supplying the jam and cream and everyone who donated cakes and items for the raffle. Special thanks, once again, to Joan Tanton for her wonderful scones.

Thanks to everyone who came along to enjoy the cream teas and cakes and support this great cause.

BAR HILL COMMUNITY CAR SCHEME

A Voluntary Car Scheme for Residents of Bar Hill.

We are now recruiting volunteer drivers – do you have a few hours to spare now and again?

We need your help to provide this valuable service for those who do not have the use of a car and struggle with transport.

For more information, please contact the Car Scheme Coordinator – Russell Brown on 07496 465330.

CAMBRIDGE BREAST CANCER NOW CHARITY WALK

6th October 2019

Join us for a 9 mile walk from Milton County Park to Waterbeach

For further details and registration please contact jo@hartmcleod.co.uk or avrilwilliams04@gmail.com

...did you know...

A blue whale can go up to 6 months without eating. It can weigh as much as 30 elephants and be as long as 3 coaches?

ASHLEY'S BARBER SHOP

159 The Spinney, Bar Hill.

Mobile 07704 135888

36 years of experience. 12 years in Bar Hill.

Website: ashleythebarber.co.uk.

— EVENTS CALENDAR —

date	*event*	*details*	*where*	*time*
30 July	Bar Hill Book Club	p 8	BHSSC	7.30pm
3 Aug	Cricket	p 35	Village Green	
5 Aug	Happy Hours	p 3	Octagon	11am–3pm
6 Aug	Cricket	p 35	Village Green	
6 Aug	Family Activity Day	p 9	CB25 9PQ	10am–12noon
8 Aug	NWR	p 13		8pm
12 Aug	Happy Hours	p 3	Octagon	11am–3pm
13 Aug	Health and Wellbeing Club	p 3	Tesco	2–4pm
13 Aug	Dray Drayton W.I.	p 11	DD village hall	2.30pm
13 Aug	Family Activity Day	p 9	CB25 9PQ	10am–12noon
17 Aug	Hunstanton trip from Social Club	p 9		
19 Aug	Happy Hours	p 3	Octagon	11am–3pm
20 Aug	Family Activity Day	p 9	CB25 9PQ	10am–12noon
22 Aug	NWR	p 13		8pm
26 Aug	Happy Hours – No meeting			
27 Aug	Bar Hill Book Club	p 10	BHSSC	7.30pm
27 Aug	Family Activity Day	p 9	CB25 9PQ	10am–12noon
2 Sept	Sing It Out Community Choir	p 1	Octagon	7.30–8.30pm
5 Sept	NWR	p 13		8pm

Mum walks 178 miles from Arthur Rank Hospice to Liverpool FC, in memory of her son Daniel

Angela McGrath and her daughter Lorna set from Arthur Rank Hospice to Liverpool on Thursday 28 March 2019, a year after her son Daniel received his diagnosis. Angela explains: *"My world shattered when I lost my beautiful son Daniel to cancer. He was 21. Daniel was such an inspirational person and still is. His strength and courage were mind-blowing."*

The whole family still had strong connections to Liverpool, having lived there until Daniel was 10 years old. It was his idea that his family take on the challenge of 'Walk 2 Liverpool': *"One of the last things he asked me to do was raise funds for the Hospice: it was his suggestion that we could walk from Cambridge to Liverpool.*

On the morning that the walk started, Angela and Lorna's friends and family gathered at the Hospice in Shelford Bottom, to wish them luck and wave them off. Unfortunately, at the end of a 25-mile walk to St Ives on day one, Lorna had to pull out due to pains in her legs. Angela carried on alone, despite knowing how hard this would be. After seven hard days of walking, Angela arrived at Liverpool FC's stadium: *"As I arrived at Anfield, my family was there to meet me, and I am so proud of myself for keeping my promise to Daniel."*

Daniel's sister, Lorna explains why the whole family is passionate about helping the Hospice: *"Arthur Rank Hospice was amazing, making Daniel's last days as comfortable and happy as possible. We want to raise as much money as possible for this amazing hospice to carry on looking after people in their last days."*

If you would like to support the Hospice through a challenge event, visit arhc.org.uk/challenges or call 01223 675888 to discuss the options or your own challenge idea.

BAR HILL PARISH COUNCIL

Parish Council Office
Hanover Close, Bar Hill CB23 8EH
Tel: 01954 780456
Email: clerk@barhillpc.org.uk; office@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

Cambridgeshire and Peterborough Combined Authority Local Transport Plan

A consultation events has been announced at Cambridge Central Library on Saturday 14 September from 10am–3pm for members of the public to have their say on the future of the area's transport network to 2050. (Closing date to submit your comments is 27 September 2019). https://cambridgeshirepeterborough-ca.gov.uk/

Village Maintenance

People are reminded to ensure that they have no brambles or rubbish overhanging the footways and causing an obstruction. This includes the gap the other side of your boundary fence/utility strips which are the responsibility of the homeowner. The Council will be reviewing the autumn/winter tree/hedge/shrub cutting schedule in September and work should commence thereafter.

Advice is being sought from the ecologist on how best to manage the vegetation along the top of the banks of Hollytrees Stream/Dam Brook; we are aware that the sections which we were not allowed to touch when the main works were carried out in March are causing concern for some residents and the Council is investigating what can be done taking into account the necessary measures for the protection of the water voles.

The office is regularly manned, Monday–Wednesday 9am to 1pm. There are no meetings of the Council scheduled for August and as usual the office will be closed for most of August but emails and telephone calls will be monitored. In an emergency please contact Bunty Waters, Chair of Parish Council. Councillor contact details on the noticeboard and website. https://www.barhillpc.org.uk

Help and advice: https://www.cambridgeshire.gov.uk/council/contact-us/not-sure-which-council-to-contact/
https://www.police.uk/information-and-advice/reporting-crime/

Handy telephone numbers/contact details:

Cambs County Council: Births, deaths and marriages; buses; consumer protection; education; libraries; public health; recycling and waste; roads and highways; social care; street lighting; trading standards; transport and travel. Tel **01223 717111**

Questions about **Housing, Homelessness** and **Benefits** please contact South Cambs District Council https://www.scambs.gov.uk/housing **03450 450051**
https://www.scambs.gov.uk/benefits
03450 450061
Fraud hotline **0800 7311 892**

South Cambs District Council:
Tel **03450 450500** https://www.cambridgeshire.gov.uk/council/contact-us/not-sure-which-council-to-contact/

To report issues on **footpaths, public rights of way, and roads** https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults.
Tel **01223 717111**

Streetlight maintenance http://www.lighting cambridgeshire.com/contact-us/report-fault.htm or enquiries@lightingcambridgeshire.com
Tel **0800 7838 247.** You will need to give the number on the lamp post.

— Bar Hill Church —

Services during August

Sunday 4 August	10:00 am	Holy Communion (Anglican)
Sunday 11 August	10:00 am	All Together Worship
Sunday 18 August	10:00 am	Holy Communion (Reformed)
Sunday 25 August	10:00 am	Morning Worship – Pets Service

BAR HILL CHURCH
spread the word

Social Calendar for August

Olive Tree Café Bereavement Support Group
Saturday 17 August 10:30 - 11:30 am in the Meetings Room

Knit & Natter garden party Saturday 3 August 2:00 pm to 4:00 pm in the Octagon. Regular meetings on Thursday 15 August and Thursday 29 August, 1:15 pm to 3:00 pm in the Octagon. Contact Sue 01954 780260.

Coffee Stop every Wednesday 10:00 am-Noon in the Library (Contact Sue 01954 780260)

Art Group every Wednesday 1:30-4:00 pm in the Octagon (Contact Jan 01954 201495)

Open Prayer every Thursday morning in the Worship Hall 9:15am-10:00am

Church Contacts

Church Office	Ian Pryke	01954 206120 office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	https://barhillchurch.org.uk	
Facebook	https://facebook.com/barhillchurch	

Coffee Stop

The 'Coffee Stop' is a weekly event held, by kind permission of the library staff, in Bar Hill Library on Wednesday mornings between 10.00 until 12.00.

It is run by a small group of volunteers mainly Bar Hill Church members. We serve coffee, tea and biscuits and give a proportion of the takings to the Library to help fund their activities. It is a meeting place for anyone in the village and is a chance to exchange views and meet old friends and make new ones. The Bar Hill Health Walks group joins us for refreshments at the end of their walk.

It was through discussions between Church members and the Health Walks group and help from The Friends of the Library that we have a picnic bench for everyone to enjoy outside the Library.

We would welcome some new volunteers to help us occasionally to continue this work. I will be happy to hear from anyone who could help.

For more information contact Sue Kenchington on 01954 780260.

BAR HILL VILLAGE HALL

- Conference Facilities;
- Seminars;
- Committee/Meeting Room;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales.
- Kitchen Facilities.
- Excellent Parking and Catering Facilities.

During the week we have the following groups and clubs:

Mon.	Helene's School of Dance*	4–6pm
	Craig Burns Boot Camp	6.15–7.15pm
	Pilates*	7.15–8.15pm
Tue.	Over 50's Dance Class*	2–3pm
	Shotokan Karate	6–8pm
Wed.	Helene's School of Dance*	4.30–6.45pm
	Clubbercise with Marilyn	7.15–8.15pm
Thur.	Pilates*	10–11am
	Little Kickers	1.45–2.45pm
	Little Kickers	3.30–4.30pm
	Weight Watchers	7–8pm
Fri.	Martial Arts	6–8pm
Sun.	Bingo	7–9.30pm

* *Term Time only*

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours (Monday to Friday); or e-mail barhill.villagehall@btconnect.com

FREE to good home: well-used lady's Pashley bicycle. Needs some t.l.c. 01954 780817

...did you know...

10th October is national metric day?

— FRIENDS OF THE ROSIE —

Thank you for all your support at The Friends of the Rosie Hospital stalls this year. For up-to-the minute information follow Rosie in Stitches Facebook page

Upcoming Stall dates this summer

Tea Bar, Rosie Hospital Outpatient Clinic

Monday to Friday 9am–4pm

We always need help in the Tea Bar in Clinic 21 for a few hours a week or on an occasional basis. At present we do not have a regular volunteer for either Monday afternoon or Thursday morning. We also require occasional volunteers to help when a regular volunteer is unable to help due to holidays/illness etc. Please email annlaskey@icloud.com if you would like to volunteer.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615. Further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support.

JH FITNESS ACADEMY

"No goal was ever met without a little sweat."

Come down to your local gym
– it's practically on your doorstep –
We specialise in the following Group Fitness Classes:

• Kettlercise • Boxercise • Boot-camp circuits • Muay thai kickboxing • Barre fitness

For more information visit www.jhfitnessacademy.co.uk.

...did you know...

A silicon chip a quarter-inch square has the capacity of the original 1949 ENIAC computer, which occupied a city block?

BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery at 10.30am

Our walks are all weather *(in case of rain you will find us under the Church porch)*, free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108; E: jopowell45@hotmail.com.

FAMILY ACTIVITY DAYS

Learn how to transform a
PLASTIC BOTTLE
into a
BIRD FEEDER

Free Family Events

Tuesday 6th, 13th 20th and 27th August 2019, from 10am–12noon

Amey Waterbeach Waste Management Park, Ely Road, CB25 9PQ

Booking is essential for these **free** sessions.

Call 01223 815490 or
email: wasteeducation@amey.co.uk

Children must be at least 6 years old to attend and must be accompanied by an adult.

All of the Education Centre team are fully qualified, DBS checked, experienced teachers.

...did you know...

A giraffe can go longer without water than a camel; it can clean its ears with its 21" tongue? It can also shatter a lion's skull with one kick.

BAR HILL SPORTS & SOCIAL CLUB

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

Food available Friday & Saturday 4-10pm; Sunday 2-8pm.

What's on...

Saturday **17th August – Seaside trip to Hunstanton**. Coach will depart from the social club at 8.30am and leave Hunstanton at 5.30pm. Tickets £20 per family (2adults, 2 children) extra tickets £5 per person.

Thursday **19th September – Wine tasting**, come and try a selection of new wines with some cheese and biscuits.

Any enquiries regarding entertainment/ events please contact sarah.whitfield8@googlemail.com

Not a Member?

Join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form.

For further information, including opening times, visit our website: www.bhssc.org.uk; tel: 01954 781881, or join us on Facebook.

RECIPE

To say farewell to the fresh British strawberry in a style, try this delicious and children-friendly Polish pasta'n'berries:

Cook pasta according to producer's instruction. I recommend spaghetti or fusili, but other shapes might be more interesting for kids. Meantime, blitz strawberries with little amount of sugar. Put pasta on the plate, add the strawberry smoothie with a dash of single/sour cream.

Enjoy! Smacznego!

...did you know...

A hummingbird flaps its wings up to 90 times a second (5,400 times a minute)? Its heart beats at over a 1,000 times a minute.